



ACEROLA

Acerola, a vibrant red fruit native to Central and South America, the Caribbean, and Mexico, is a nutritional powerhouse boasting an impressive array of health benefits. It's most renowned for being exceptionally rich in vitamin C, even surpassing oranges in content by up to 80 times per gram .

Here's a breakdown of the potential benefits of acerola:

1. Rich source of vitamin C: As mentioned earlier, acerola is a champion in vitamin C content. Vitamin C is a crucial nutrient for various bodily functions, including:

- **Immune system function:** Vitamin C plays a vital role in supporting a healthy immune system, potentially aiding in preventing and fighting off infections like the common cold.
- **Collagen production:** Vitamin C is essential for collagen production, a protein that supports skin health, wound healing, and joint health.
- **Antioxidant activity:** Vitamin C acts as an antioxidant, helping protect cells from damage caused by harmful free radicals.

2. Potential benefits beyond vitamin C: Aside from its impressive vitamin C content, acerola also contains other essential nutrients like:

- **Vitamin A:** Important for vision, immune function, and cell growth.
- **B vitamins:** Essential for energy metabolism, brain function, and cell health.
- **Fiber:** Promotes gut health and digestion.
- **Minerals:** Acerola contains minerals like potassium, iron, and calcium, which play various roles in the body.

These additional nutrients, along with vitamin C, contribute to the overall health benefits of acerola. Studies suggest that acerola may offer:

- **Anti-inflammatory properties:** The antioxidants and other compounds in acerola may help reduce inflammation in the body, potentially benefiting conditions like arthritis and inflammatory bowel disease.
- **Improved brain health:** Some research suggests that acerola may help protect brain health and cognitive function due to its antioxidant properties. However, more research is needed in this area.
- **Skin health:** Vitamin C and other nutrients in acerola may contribute to healthy skin by promoting collagen production and protecting against sun damage.

It's important to note that while research on the benefits of acerola is ongoing, some of these potential benefits lack strong scientific evidence.

Remember:

- Consult a healthcare professional before consuming acerola, especially if you have any underlying health conditions or are taking medications.
- Acerola is generally safe for most individuals when consumed in moderation. However, excessive consumption may cause diarrhea or stomach upset in some people.

SOURCES :

Prakash A, Baskaran R. Acerola, an untapped functional superfruit: a review on latest frontiers. J Food Sci Technol. 2018 Sep;55(9):3373-3384. doi: 10.1007/s13197-018-3309-5. Epub 2018 Jul 11. PMID: 30150795; PMCID: PMC6098779.

Healthline,What Is Acerola Cherry? retrieved on March 3, 2024
from

<https://www.healthline.com/health/food-nutrition/acerola-cherry>